

# Families First

a newsletter for Nebraska Families

March/April 2016

N F A P A

## Should You Make Your Child Apologize?

After there's been a falling out between siblings, most parents insist that their children apologize to each other. If you ask children what they think of this practice, they'll tell you:

"When I'm mad, I hate apologizing. It just makes me madder at my sister."

"I don't like it when my brother apologizes to me when my parents make him do it, because he acts like he doesn't even mean it. It makes me mad all over again."

"It's lying to apologize when you don't mean it."

"When my parents make my brother apologize, I feel like I won. That feels good, but it doesn't make me like him any better."

"Later I always like my sister again. I could apologize then. But not when I'm mad."

Doesn't it sound like forcing children to apologize is teaching all the wrong lessons, and we might want to re-think the whole practice? What could we do instead?

### 1. Focus on helping children communicate rather than on the ritual of apology.

If you follow the practices of helping children express their wants and needs, listen to each other, and restate what they heard their sibling say, children will begin to heal their conflicts at a deeper level, so that apologies often become almost superfluous, just as with adults.

### 2. Wait until the anger has subsided.

If she's still angry, then she needs to feel heard before she can listen to her sibling's perspective.

### 3. Once the child is no longer angry, empower him to repair things with his sibling.

"Your brother loves you and looks up to you. When you yelled at him, it looked like it really hurt his feelings. I

wonder what you could do to make things better with him."

### 4. If your child suggests apologizing, listen to her voice.

If she sounds sullen or angry, acknowledge that the apology wouldn't be heartfelt, and ask her if she thinks that it would make her sibling feel any better. Say "Apologizing is a wonderful way to make things better, Sweetheart, but I don't want you to apologize until you mean it. I'm not asking you to say something that's untrue; I don't think that ever makes anyone feel better."

### 5. Ideas for Repair:

If your child draws a blank and wants suggestions for repair:

- *Help rebuild the tower that the fight was about.*
- *Build a tower for the sibling to knock down.*
- *Repair or replace the damage done, for instance a broken toy.*
- *Draw a picture or make a card listing three things you love about your sibling.*
- *Give a big hug.*
- *Play a game that the sibling wants to play.*
- *Help the sibling with a chore.*
- *Make an agreement and sign it, promising not to repeat the infraction and describing how the situation will be handled in the future.*

Remember, though, that you aren't assigning your child a "consequence" to pay off his debt. You're empowering him to see himself as a generous person who can make things better when he's done something hurtful. So HE has to choose what he might do to make things better. You can give him ideas, but then say "I know you'll figure out the perfect thing to do....I can't wait to see what it is!" Hug him and leave the room.

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## Nebraska Foster &amp; Adoptive Parent Association

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2431 Fairfield St. Street, Suite C, Lincoln, NE 68521

402-476-2273, toll-free 877-257-0176, e-mail: Felicia@nfapa.org

To contact a board member or mentor,

visit our website at [www.nfapa.org](http://www.nfapa.org)

## NFAPA Staff

**Felicia Nelsen**, Executive Director: 877-257-0176 or [Felicia@nfapa.org](mailto:Felicia@nfapa.org)

**Nichollette Gardner**, Program Assistant: 402-476-2273 or

[Nichollette@nfapa.org](mailto:Nichollette@nfapa.org)

**Alicia Carlson**, Support Staff: 877-257-0176

**Tammy Welker**, Northeastern/ Eastern Area RFC: 402-989-2197 or

[Tammy@nfapa.org](mailto:Tammy@nfapa.org)

**Robbi Blume**, Northwestern Area RFC: 402-853-1091 or

[nothernnfaparb@yahoo.com](mailto:nothernnfaparb@yahoo.com)

**Terry Robinsons**, Central RFC: 402-460-7296 or [trobinsn1978@gmail.com](mailto:trobinsn1978@gmail.com)

**Jolie Camden**, Western RFC: 308-672-3658

\*RFC = Resource Family Consultant

## NFAPA Board of Directors 2016

### President

Charles and Carla Colton  
32314 740 Road  
Imperial, NE 69033  
308-882-4078  
[colton@chase3000.com](mailto:colton@chase3000.com)

### Vice-President

Jay & Tammy Wells  
21 N. Kennedy, PO Box 162  
Alma, NE 68920  
308-928-3111  
[jtwells@frontiernet.net](mailto:jtwells@frontiernet.net)

### Secretary

Kathy Wagoner-Wiese  
17630 W. 42nd Street  
Kenesaw, NE 68956  
402-752-3712  
[okwiese@windstream.net](mailto:okwiese@windstream.net)

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308-627-6859  
[brummeram@gmail.com](mailto:brummeram@gmail.com)

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Vacant

### Eastern Representative

Vacant

### Northern Representative

Jan Johnson  
3 Belmont Dr.  
York, NE 68467  
402-694-1950  
[jamajohnson@gmail.com](mailto:jamajohnson@gmail.com)

### Southeast Representative

Rebecca Rowe  
1207 12th  
Corso, Nebraska City, 68410  
308-737-8430  
[chocolatedreamsandsweetthings@gmail.com](mailto:chocolatedreamsandsweetthings@gmail.com)

### Western Representative:

#### Southwest

Lana & Mark Tiede  
41596 Rd 766  
Gothenburg, NE 69138  
402-802-6363  
[lanatiede@yahoo.com](mailto:lanatiede@yahoo.com)

### Western Representative:

Panhandle  
Vacant

### At Large Board Members

Barbara Dewey  
2900 South 70th Street, Ste 160  
Lincoln, NE 68506  
402-525-9825  
[bdewey@neb.rr.com](mailto:bdewey@neb.rr.com)

Anna Wishart  
402-314-5688  
[adwishart@gmail.com](mailto:adwishart@gmail.com)

# Attention Foster Parents!

## Earn Your Foster Parent Credits While Getting the Chance to win a Great Prize!

Answer these 10 questions from this newsletter correctly and you will not only earn .5 credits toward your in-service hours, but your name will also be put in a drawing for a prize. For this issue we are offering a \$10 Walmart gift card.

Just answer the following 10 questions and send us your answers! There are a variety of ways to do this. You can email the information to [Felicia@nfapa.org](mailto:Felicia@nfapa.org), send the questionnaire from the newsletter to the NFAPA office at **2431 Fairfield Street, Suite C, Lincoln, NE**, print off this questionnaire from our website, [www.nfapa.org](http://www.nfapa.org) (under newsletters) and fill out/send in by email or mail or you can go to survey monkey and do the questionnaire on line at <https://www.surveymonkey.com/r/JCPF8ND>. We will then enter your name in the drawing! We will also send you a certificate for training credit to turn in when it is time for relicensing. **Good Luck!**

1. What are 4 questions might ask a new placement?
2. Fill in the Blank. Each \_\_\_\_\_, each \_\_\_\_\_, and especially each \_\_\_\_\_ has a unique culture of its own.
3. \_\_\_\_\_ can help you understand the culture the child has know until now.
4. True or False. When you adopt a child who is of a different ethnicity or culture, it's important for your whole family to develop as a multicultural family.
5. \_\_\_\_\_ is an important piece for blending a multicultural family, and it doesn't happen with a few social outings, but is rather gained over years.
6. True or False. Culturally, hair is an especially important of an African American person.
7. True or False. Due to their hair being prone to dryness and breaking, it needs to be washed more often than Caucasian hair so that it can maintain moisture.
8. Define. Cultural Identity \_\_\_\_\_.
9. Fill in the blank. The whole family now becomes \_\_\_\_\_, not simply the child.
10. List five activities you plan to do with your children this spring/summer break?

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Phone #: \_\_\_\_\_

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Questions? Call NFAPA at 877-257-0176 or 402-476-2273.

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## 6. What if your child says “I don’t want to repair things with her!”?

Acknowledge that he’s still very angry, and why. If you can, help him with the anger. Then, set the expectation that when he feels better, a repair of some sort is in order.

“I guess you’re still so mad that you don’t want to make things better with her right now...and I know that even though you and your sister fight, you also love each other, and it makes things better if you can do something to repair things...Maybe you need some time before you’re ready to repair things with your sister. It can take some time for the anger to melt away...I can’t help you with your feelings any more right now, but we can talk again later...When you’re ready, I know that you will know just the right thing to do to make things better.”

## 7. Be a Role Model.

Children learn from us how to repair relationship ruptures. Be sure that when you and your child have a relationship rupture, you apologize and find ways to reconnect.

*This article was excerpted from Peaceful Parent, Happy Siblings: How To Stop the Fighting and Raise Friends for Life. published by Perigee/ Penguin.*

*“This book walks parents through sibling scenarios – even ones for very intense children – and breaks down the specifics of how to approach common struggles, without making parents feel guilty or overwhelmed. It is a wonderful resource that gives parents the tools to not only help our children while in the midst of conflict, but also helps us to teach our children how to be the loving, kind and respectful brothers and sisters we know they can be.” — Gina Osher, The Twin Coach*

<http://www.ahaparenting.com/>

<http://www.ahaparenting.com/parenting-tools/siblings/should-you-make-your-child-apologize>

## Come Chat With Us!

Do you find yourself too busy to attend a support group? Are there no support group meetings in your area? After a long day dealing with the kids in your home do you need some adult conversation? If you answered yes to any of these questions, I have the Solution for you! Put you kiddos to bed and on Tuesday nights at 9:00PM join us for some adult support. We laugh, we cry, we lend an ear to whatever your needs are for the week. We offer support with people who are in your shoes. Tune in at 9:00PM and join our chat. To get on just contact Terry Robinson at 402-460-7296 or [Terry@nfapa.org](mailto:Terry@nfapa.org). Hope to chat with you soon!!

# Money for Foster Parents From Nebraska Friends of Foster Children

Does your foster child want to be like normal kids? Does he/she like to participate in sports, or needs money for driver’s education? Does your kiddo like to attend summer camps, take swimming lessons but you, as a foster parent, have limited funds?

If this is you, please visit our website: [www.ne-friends.org](http://www.ne-friends.org)

You will find more information on Nebraska Friends of Foster Children. By filling out the application on our website you can apply for a grant to help fund your foster child’s activities. You can submit it online or mail the application.

The mission of NFFC is to provide for unmet needs and enhance opportunities for foster children in Nebraska. NFFC is a non-profit organization, was founded in 1992, to improve the lives of foster children by accepting and funding requests for items and experiences normally out of reach for foster parents with limited budgets.

As can be imagined, the cost of “extras” such as band uniforms, football shoes, summer camp and music lessons exceed the monthly stipend. While foster families are traditionally giving in nature, they still may not have the resources available to them to offer their foster child any of the additional “extras” that enhance their quality of life, build character and offer life-changing experiences.

### Requests that can be funded:

- Drivers Education
- Sport Equipment
- Sports Activity Fees
- Dance/Music Lessons
- Senior Pictures
- Graduation expenses
- Eye Glasses
- Prom attire
- Summer Camps

This is not a complete list but NFFC will fund the “extras” to enhance your foster child’s life within our guidelines.

The form is simple and can be filled out by the foster parent. It DOES NOT NEED YOUR CASE WORKER OR FOSTER CARE SPECIALIST signature. Receipts do need to be included or we can write a check to the organization that you are requiring assistance from without a receipt. The application can be mailed or sent online. The application will be processed in 4-6 weeks.

Please visit our website to apply for a grant or email us with additional questions. [www.ne-friends.org](http://www.ne-friends.org)



# 90 Bucket List Ideas to keep your kids busy during Spring Break and Summer!

1. Bake Cookies for ice cream sandwiches.
2. Play outside games like Red Rover, Green Light, Hopscotch
3. Work on your Life Book
4. Have a luau in the backyard.
5. Visit the beach and collect shells.
6. Make a fort out of cardboard boxes.
7. Visit a farmer's market.
8. Stage an A to Z scavenger hunt, where you have to find something that starts with every letter.
9. Pick berries.
10. Have a picnic at a state park
11. Make Homemade Ice Cream
12. Go canoeing at a local lake.
13. Build a sandcastle.
14. Create a bike obstacle course
15. Forget cooking -- set up an ice cream sundae buffet for dinner.
16. Clean up trash at a local park.
17. Have a backyard campfire...or just use the grill! Roast hot dogs on sticks, pop popcorn and finish off with s'mores.
18. Make homemade pizza.
19. Go for a walk and then make a collage from nature objects you find along the way.
20. Head to a creek and look at the ducks.
21. Create a Lemonade Stand
22. Have a water balloon fight.
23. Go biking on a trail
24. Work on your family tree
25. Plan a picnic at a local park -- or in your backyard.
26. Visit the local library throughout the summer and try to read as many books as you can.
27. Practice making interesting shadow puppets and then put on a show with your characters.
28. Plant a garden of herbs and veggies and flowers
29. Make a sidewalk chalk mural.
30. Visit a fish hatchery.
31. Plant a butterfly garden with flowers.
32. Invent a new snack
33. Make an indoor sandbox using colored rice: mix 4 cups of rice with 3 tablespoons of rubbing alcohol and a few drops of food coloring and let dry overnight.
34. Chase and catch Fireflies
35. Visit a museum you've never been to.
36. Make a giant Twister game on the lawn (with spray paint) or driveway (with chalk).
37. String beads into jewelry.
38. Make a bird house out of Popsicle sticks.
39. Learn about stargazing on the Internet
40. Create leis with wildflowers.
41. Go fossil hunting near a lake.
42. Break out your baseball gloves and start a game, sandlot style.
43. Make paper boats and race them in a kiddie pool using straws to propel them.
44. Play mini-golf - or set up a course in your driveway by laying different size containers on their side.
45. Get a map of the United States and mark off all the exciting places you want to visit -- create the ultimate road trip.
46. Set up a net and play badminton and volleyball.
47. Visit an amusement park or water park.
48. Wade through a stream and search for minnows or tadpoles.
49. Have a tricycle race at the park.
50. Have a kids Baking Contest
51. Make lunch using ingredients from a different Culture
52. Visit a fire station.
53. Collect rocks and paint them to use as paperweights or pet rocks.
54. Go roller skating.
55. Visit a zoo or aquarium to learn about animals.
56. Run through the sprinklers.
57. Make your own smoothie
58. Set up a bike wash
59. Batter up at a batting cage.
60. Let kids paint the sidewalk or patio with plain old water and sponge brushes. When their creation dries, they can begin again.
61. Bake Ice Cream cone Cupcakes
62. Assemble a family cookbook with all your favorite recipes.
63. Go horseback riding.
64. Make popsicles in Dixie cups using fruit juices.
65. Catch fireflies in a jar (and let them go at the end of the night).
66. Stage your own summer Olympics with races, hurdles and relays.
67. Create a backyard circus -- kids can pretend to be animals and dress up as clowns.
68. Decorate bikes and have a neighborhood Fourth of July parade.
69. Make Mexican paper flowers using different colored tissue paper.
70. Go to a flea market.
71. Volunteer at an animal adoption organization.
72. Visit a retirement home and read stories to residents.
73. Attend an outdoor festival or concert.
74. Pick a nearby town to visit for the day.
75. Visit a cave.
76. Take in a fireworks exhibit.
77. Make your own bubbles with 1 cup of distilled water, 2 tablespoons of Dawn dish soap and 1 tablespoon of glycerin.
78. Paint canvas sneakers with fabric paint pens or acrylic paint.
79. Go to a hometown Celebration or County Fair
80. Make bird feeders by covering pinecones with peanut butter and rolling in birdseed.
81. Paint with ice by freezing ice cube trays with washable tempera paint.
82. Create unusual s'mores by experimenting with ingredients like cookies, bananas, flavored marshmallows and white chocolate.
83. Have a fancy tea party.
84. Make a giant slip-n-slide with a painter's tarp and shaving cream.
85. Go camping in the backyard or at a campsite.
86. Go to a ballgame
87. Set up a tent in the backyard to use as a summer playhouse.
88. Take a free kid's workshop at stores like Lowe's, Home Depot or Pottery Barn.
89. Have a game night with charades, Pictionary and bingo.
90. Have Family Movie Night Outside Like the old Drive Ins.

# Co-Parenting Across Cultures

In essence, all child placements can be considered “cross cultural.” Sometimes our thinking about culture revolves around race, ethnicity, and nationality. While these are all significant components of culture, there are many other cultures that we all belong to. Each neighborhood, each school, and especially each family has a unique culture of its own. When children enter foster care, they experience a profound loss of connections to the cultures that they have grown accustomed to. In addition, they face adapting to a new family’s culture, a new neighborhood, and maybe even a new school. These challenges can lead to a lot of confusion and anxiety.

One way to minimize these challenges is through a shared parenting approach, in which foster parents work together with birth parents and other birth family members. Shared parenting can sometimes be challenging for all involved. However, for the children, the experience of having the adults and caregivers in their lives work together harmoniously can greatly increase their sense of wellbeing and safety. Birth parents can help you understand the culture the child has known until now. They can explain the routines, values, customs, rituals, and dynamics that the child grew up with before coming to your home. They might also help you understand the child’s behaviors, moods, and how to comfort or soothe him or her. If you are open about your own family’s routines, values, customs, rituals, and dynamics, the birth parents might be able to help you identify potential trouble spots that you may not have considered.

Following are some examples that may be helpful as you seek to find a common ground.

- **Food:** *Food is one of the most distinct and treasured parts of any culture. This is especially true in individual family cultures. You might ask birth parents or family members if they can share a recipe for the child’s favorite meal. You could also explore how your family’s diet is different and strategize ways to incorporate the child’s favorite foods into your diet. There may also be customs surrounding eating that need to be considered, like meal times, table manners, or rituals, such as praying. As the co-parenting relationship progresses, you may even have birth parents over for meals on a regular basis.*
- **Daily Routines:** *Your family routines may be very different than the routines the child in your care has grown up with. Things like getting ready in the morning, coming home from school, play time, homework time, and getting ready for bed may simply work differently in your home than they did in the child’s birth home. While it’s probably not feasible to radically change your established family routines, there may be ways to incorporate some familiar routines for the child in foster care. It could be as simple as letting him watch his favorite TV show before bed or calling Grandma once a week.*

- **Roles and Expectations:** *Roles and expectations for both children and adults vary greatly from culture to culture, and from family to family. Therefore, you may want to explore this topic with birth parents. What role did the child play in his birth family? Was he the oldest, youngest, or only child? What were his chores and responsibilities? Who are the important friends and people in his life who he needs to stay connected to?*
- **Communication:** *Have you ever gone to another family’s home and felt as if they were speaking a secret language known only to each other, even though they lived just down the street? That’s because families employ different communication strategies to express their needs, emotions, and desires. You might want to explore this topic with birth parents, perhaps by asking how their child expresses his needs, as well as strategies to reach the child. Sometimes communication styles aren’t always healthy or appropriate, but there are likely some strategies that you can incorporate that will make it easier for the child in care to communicate in his new environment.*

There are many other topics you may want to explore with birth parents and family members, such as values, customs, and beliefs. As your relationship and working partnership develops with the child’s birth family members, you will likely discover many things that all parties can use to make the child feel more comfortable and secure during his stay in foster care.

When children see their foster and birth parents working together to nurture and support them, they will feel more at ease, will hopefully be able to more easily resolve feelings of mixed loyalty, and, most importantly, feel more free to be a kid. Moreover, being able to hold on to some of the pieces of and connections to their culture will help them to feel a sense of safety and comfort.

<http://wifostercareandadoption.org/Portals/fcarc/FAW/2016/FAW%20Winter%202016.pdf?ver=2016-02-01-114125-663>

## NFAPA Scholarship

**APPLICATION DEADLINE: April 1, 2016**  
**NEBRASKA FOSTER & ADOPTIVE PARENT**  
**ASSOCIATION**  
**\$250 Scholarship Program**

NFAPA offers a scholarship for an adoptive, foster, guardianship, or kinship child, who wishes to further their education beyond high school or GED. This can be either at a college or university, vocational and job training, or on line learning. The scholarship form is available on our website ([www.nfapa.org](http://www.nfapa.org)). Requirements and submission instructions will be listed. Other scholarships will also be available on our website.

# Caring for the Hair of Your African American Child

When you adopt a child transracially, there are many things that you worry about. For many adoptive parents, thinking about hair care can easily fall to the bottom of the priority list until it becomes clear that new skills are required.

Culturally, hair is an especially important reflection of an African American person. And for children, it's a reflection of their parents.

Parents who adopt transracially, specifically white parents who adopt African American children, may not know the steps needed to take appropriate care of hair that is so different than their own. When you use appropriate hair care techniques for your children, you are also helping build your child's self esteem.

Knowing how to instill self confidence and build self esteem in your children isn't an easy task. When your child doesn't look like you, those challenges may be multiplied. Acknowledge and celebrate their uniqueness, including their hair. Encourage your children to embrace the way they look.

Appearance is a powerful component of how we create our own individual identity, and regardless of whether or not it's right to do so, others make assumptions about us based on how we present ourselves in the world.

No two people have the exact same hair. Just because your child is African American doesn't mean that his or her hair texture and type will be the same as that of others.

That being said, there are major differences in caring for the hair of your African American child compared to Caucasian hair. Following are some tips that will help you care for your child's hair.

## Combing

The hair's texture lends itself to becoming tangled more easily, and a simple act like combing can become painful if the hair is tangled. As most of us already know, this often leads to temper tantrums and power struggles. Here are some ways to help things go more smoothly:

- *When removing a previous style, carefully take out any rubber bands by cutting them with scissors, rather than pulling it out so that hair isn't broken.*
- *Wetting the hair will make the process easier. Keep a spray bottle of water nearby to re-wet the hair if it begins to dry while you are working.*
- *Separate the hair into sections either with your fingers or a comb and only comb one section at a time.*
- *Start at the ends of the hair and work back toward the head. Hold hair with one hand and comb from hand to end moving hand up toward the head.*
- *Use a wide tooth comb.*
- *Be gentle; children may complain that this process can be painful.*

- *Allow ample time. If your child has especially thick hair, combing can require additional time.*
- *Repeat daily.*

## Washing

Due to their hair being prone to dryness and breaking, it needs to be washed less often than Caucasian hair so that it can retain moisture.

- *Wash every week to two weeks, depending on child's hair.*
- *Shop for appropriate products. Choose a shampoo that has a pH level of 5-6.5. If you aren't sure, ask for a recommendation from a stylist.*
- *Have your child lean over the sink or bathtub and wet her hair thoroughly. Divide hair into sections so you can see the scalp and put shampoo there first.*
- *Work shampoo out towards the ends of the hair, stretching the hair out rather than working in circles, which can create tangles.*
- *Rinse well.*

## Conditioning

Adding conditioner to your child's hair after shampooing will replace moisture that the hair needs to remain healthy. Keep the following in mind:

- *Be flexible. Take seasonal changes into account when purchasing products. Different products may be needed at different times of the year. Your child's hair may need something different during winter when the air is dryer or during the summer months when there is more humidity.*
- *After rinsing the conditioner from the hair, remove all excess water by squeezing the hair gently with your hands.*
- *Section the hair with your fingers and apply the conditioner working from the scalp to the ends. Use your fingers or a wide tooth comb to move the conditioner down, making sure that plenty of it makes it to the ends, which are the driest part of the hair and, therefore, most likely to become tangled or break.*
- *Leave the conditioner in the hair for several minutes. If you have time, place a shower cap over the hair and allow your child to play during this time so he or she is not uncomfortable waiting.*
- *Rinse well, making sure that all of the conditioner is removed from the hair.*

## Blow Drying

Choosing to blow dry your child's hair rather than allowing it to air dry will smooth some of the natural curl and may make the hair easier to style.

- *Separate the hair into sections after it has been combed, but while it is still wet. For ease of drying, try twisting the individual sections and clipping them to your child's head. Work with only one section at a time.*
- *Dry the ends first and work your way up to the scalp. The ends of the hair will require less time to dry as they are already the driest part of the hair.*
- *Use a blow drying with a comb nozzle attachment that will*



*pull the hair through it or a natural bristled brush.*

- *Pay special attention to the heat settings on your blow dryer; be careful not to use too high of a heat level that will make your child uncomfortable.*
- *Using oil (like jojoba or coconut) applied to the scalp and hair when it is dry will help moisturize and can help smooth frizz and add shine.*
- *Once the hair is dry it can be braided, twisted, put into a pony tail, or pulled back with clips, barrettes, or a rubber band with protective coating.*

## Hair Care Products

Shop for appropriate products for your child's hair type. You can buy conditioners specifically for African American hair—some you rinse out, and others are designed to leave in. You don't have to buy products from a salon—you can find them at drug stores, on the internet, at department stores, etc.

## Learning Curve

If you are struggling with caring for your child's hair, you may want to get help from a professional stylist to see how they recommend caring for your child's hair.

As with any new skill, there is a learning curve. Allow yourself enough time to learn the process and get it right. Helping your child look well groomed can build self esteem and instill confidence. Have fun and use this time to talk with your child and be together.

Making a parent-child ritual out of caring for your child's hair can create special memories that you will both have as your child grows up and becomes able to care for him or herself.

## Resources

### Books

- *Kids Talk Hair: An Instruction Book for Grown-Ups & Kids*, by Pamela Ferrell
- *Kinki Kreations: A Parent's Guide to Natural Black Hair Care for Kids*, by Jena Renee Williams
- *Brown Babies, Pink Parents: A Practical Guide to Transracial Adoption*, by Amy Ford
- *It's All Good Hair: The Guide to Styling and Grooming Black Children's Hair*, by Michelle N-K Collison
- *Thunderhead Hair Care (VHS)*

### Websites

Florida Perry Smith: Hair Care

[floridaperrysmith.com](http://floridaperrysmith.com)

Hair Matters by Sherri Gragg

<http://www.rainbowkids.com/adoption-stories/hair-matters-514>

Transracial Parenting in Foster Care: Strengthening Your Bicultural Family

[http://www.ifapa.org/pdf\\_docs/transracialparenting.pdf](http://www.ifapa.org/pdf_docs/transracialparenting.pdf)

Tis the Season to be Curly: Winter Hair Care Tips from Mahisha Dellinger

<http://adoption.about.com/od/parenting/a/winterhair.htm>

Caring for Your Child's African American Hair

<http://youtu.be/87NvfbZPB8U>

Chocolate Hair Vanilla Care

<http://www.chocolatehairvanillacare.com/>

<http://wiadopt.org/Resources/Tip-Sheets/Celebrating-Culture-Diversity/Caring-for-the-Hair-of-Your-African-American-Child>

## Coordinating Culture & Care

When a child enters out-of-home care, there are so many questions and so many things on the to do list. Ensuring that the child is safe, that he or she has the clothing and hygiene products that are needed, and adjusting to a routine take precedence for all involved. However, understanding the culture a child in foster care is coming from when he or she is placed with a foster parent, is an integral part of welcoming that child into your care, making him or her feel safe, and helping lay the foundation of a successful transition.

In each of our family lives, there are likely hundreds of little habits or rituals that occur every day without us even thinking about it; they are what make up our family's "cultural norm." Children who come into foster care have these same kind of customs, routines, and traditions that were part of the cultural norm in their family of origin. Now, having arrived in your home and with your family, they are faced with having to learn a whole new family culture and figuring out how they fit into it.

Getting to know more about a new child's culture can help you, as a foster parent, understand the child much better. While you learn about and work in ways to honor the child's experiences, preferences, and routines, you can also teach him or her about your home, your own family's culture, the values that are important to you, and the customs you honor. You might ask questions such as:

- "How does your family celebrate holidays/ birthdays?"
- "How are household chores done at your home?"
- "What is your favorite dinner?"
- "What is your bedtime routine like?"

Like in all things that are new or unfamiliar, a new living situation takes time for all to adjust. As foster parents, we know you try very hard to be welcoming and comforting, with a goal of helping children and youth new to your homes make successful transitions. By being flexible and adjusting the culture of your home to accommodate some aspects of the child's culture, you can give the children or youth in your care time to figure out his or her new surroundings, as well as reduce any possible cultural conflicts.

<http://wifostercareandadoption.org/Portals/fcarc/FAW/2016/FAW%20Winter%202016.pdf?ver=2016-02-01-114125-663>

# Waiting for a forever HOME!

The following are children available on the Nebraska Heart Gallery.

## Name: Sara (15 years old)

Singing and listening to music are two of Sara's favorite things, which explains her favorite class at school-choir. Sara takes great joy in learning new things every day. She dreams of becoming a therapist one day in order to help others. Sara has a love for animals and would like to have a bunny or cat as a pet in the future. According to Sara, some of her best qualities are that she is caring, kind, and helpful with younger children. Reading, writing poetry, fashion, makeup, and the color teal are among some of Sara's favorite things. Others can see Sara's personality shine through her fashion and makeup as she often chooses bright colors. Sara is a good role model and is protective of her four younger sisters.

Connections: Sara needs to maintain relationships with her four sisters.



## Name: Jason (15 years old)

Jason is a charismatic young man who is very excited about meeting his forever family! Jason loves to cook and often whips up his coveted fried chicken recipe for those he cares about. Jason is described as a "jokester" and enjoys goofing around. He is laid back and goes with the flow. Jason is happy to hang out and watch television or go out to experience fun things, as long as he has the opportunity to talk to others!

Connections: Jason needs to maintain relationships with his siblings.



## Name: Honesty (15 years old)

Honesty is a fun loving young girl with a smile that is contagious! She is helpful, kind-hearted and fashionable. Honesty's favorite activities include shopping, getting her hair and nails done, texting her friends and listening to music. She loves eating seafood at Olive Garden and getting caramel frappe's from McDonald's. Honesty is described by others as compassionate and able to comfort others when they appear to be in need. She has big dreams of becoming a lawyer someday, but also wants to be a cosmetologist. Honesty would love to learn how to drive and obtain her learner's permit. She does well in school, but admits her favorite part is socializing with her friends. Honesty is a good role model to younger children and volunteers her time at a daycare. Honesty believes that having a forever family means that she will always have someone there to support and encourage her.

Connections: Honesty needs to maintain relationships with her siblings.



For more information on these children or others on the Heart Gallery please contact Sarah at:  
Email: [scaldararo@childsaving.org](mailto:scaldararo@childsaving.org)  
Phone: 402-504-3673



**"There are no unwanted children. Just unfound families."**

**—National Adoption Center**



# National Foster Care Month Coming in May!

## SAVE THE DATE!

### Join us at the Proclamation!

May will be here before you know it! Help us celebrate National Foster Care Month and come to the Proclamation Signing at the Capitol with the Governor on May 4, 2016. We had a large turn out last year and hope to see new and returning faces as we raise awareness of the need for foster parents and how they make a difference in the lives of youth in care. We will again have an open house at our office with lunch immediately following the event. RSVP to [Felicia@nfapa.org](mailto:Felicia@nfapa.org) or call the office at 877-257-0176 if you can attend!



# Other NFAPA In-Service Trainings

Cynthia Downey from Cenpatico will be coming back to Nebraska to continue her Hope for Healing training for sessions 3 & 4 in Gretna and Columbus. Please call the office at 877-257-0176 or send an email to [Felicia@nfapa.org](mailto:Felicia@nfapa.org) if you can attend!

## Gretna In-Service

**April 11, 2016**

**Good Shepard Lutheran Church**

11204 S. 204th St

Gretna, NE

6:00-9:00 p.m.

## Columbus In-Service

**April 12, 2016**

**Peace Lutheran Church**

2720 28th St

Columbus, NE

6:00-9:00 p.m.

Come even if you did not attend sessions 1 & 2!

**Part 3 Loss and Behavior:** Participants will be able to list common behaviors that children in care demonstrate. Participants will be able to discuss behaviors of children "acting it out", and what "it" is.

**Part 4 Therapeutic Parenting:** Participants will be able to discuss ways to build trust for healing. Participants will be able to identify the qualities of therapeutic parenting. Participants will be able to discuss impact of attunement and empathy in developing new roadmap.

---

**"Just because you don't look like  
the other "crayons" in the box,  
DOES NOT mean you still can't  
make the most beautiful pictures!  
DON'T you EVER give up on YOU!  
You are simply AMAZING!"**

# 20 Ideas for Keeping Connections to Racial and Cultural Identity

Parenting a child of a race or culture other than your own will likely be one of the most rewarding experiences in your life, but it is also likely to be one of your biggest challenges. When you adopt a child who is of a different ethnicity or culture, it's important for your whole family to develop as a multicultural family.

Wisconsin foster and adoptive parent Mary Jane Proft and her husband Tom have adopted 13 children from different backgrounds and abilities, and she says about her kids, "They have enhanced our family. We have learned things about other cultures and adoption that we never would have if we had not adopted them."

She goes on to say, "We also have more empathy for other minorities. We have learned to advocate for our kids and learned how to teach them how to do the same."

Your family will probably want to understand the importance of celebrating not only your child's culture, but other races and cultures, as well.

Here are some helpful ways that you can help your family and child embrace ethnicity and culture.

1. Have children's books in your home that represent people of different cultures and races.
2. Learn a folk tale or song about different ethnicities or cultures and have your child illustrate it.
3. Have magazines in your home that represent different cultures.
4. Celebrate both your children's heritage and your own when decorating their rooms. (Of course, once your kids are teenagers, all bets are off as to what they'll want!)
5. Have multicultural pictures and artwork in your home. Some examples include: African masks, Hmong tapestries, Norwegian rosemaling, Native American pottery, and instruments and costumes from various cultures.
6. Learn some new words or simple phrases in your child's native language or dialect of the culture.
7. Watch TV shows and movies that represent all types of ethnicities in a positive manner.
8. Start a group—or join one that already exists—where families get together to celebrate different ethnicities. Try having a potluck with multicultural food—from pot stickers to collard greens to Irish soda bread and everything in between.
9. Include your child in helping prepare a meal that represents their ethnicity or culture as well as other cultures.
10. Attend different cultural festivals in your community.
11. Go to specialty grocery stores to purchase some food or some spices. See if they also sell music, books, art, toys, and clothing that represent your child's ethnicity and culture.
12. Visit a local museum and see an exhibit that depicts different cultures.
13. Identify a positive mentor or advisor for your child who is of the same cultural heritage.
14. Discuss current events with your child that involve his ethnicity or culture, as well as other cultures.
15. Identify cultural resources within your community like theaters, recreational centers, and camps.
16. Take trips to places that represent and reflect your child's heritage. This could be a trip to your child's old neighborhood, a museum, or even your child's place of birth.
17. Regularly attend a religious institution frequented by your child's ethnic or cultural group.
18. Educate your child about various cultures by teaching them about people who have made a positive contribution to the world.
19. Take your child to hear a speech by a prominent community leader or a business leader who represents the same ethnicity or culture as your child.
20. Reside in a neighborhood that is rich with cultural diversity and provides the opportunity for your child to come into contact with other people who are of the same race or culture as they are.

To honor their kids, the Profts have done a lot of the suggestions on this list. "For each culture, we have a room decorated with artifacts, furniture, and flavor of that culture," says Mary Jane. "There is no doubt that everyone knows where the Asian, African American, Hispanic, and Native American rooms are!"

"We made an effort to learn authentic recipes/meals from each culture and eat them regularly. On birthdays, the kids can request whatever meal they want. They usually request a meal from their culture—even if they don't like it!"

All families benefit from racial and cultural diversity. Education is an important piece for blending a multicultural family, and it doesn't happen with a few social outings, but rather is gained over years. It requires the same perseverance needed in the adoption process that brought your child to your family.

The rewards are immeasurable. As Mary Jane says, "We are better people for the experience."

## Resources from the Coalition Library

For Adults:

- *Being Adopted: The Lifelong Search for Self*, Brodzinsky and Schechter
- *Raising Adopted Children: A Manual for Adoptive Parents*, Lois Ruskai Melina
- *Are Those Kids Yours? By Cheri Register*

- *Tapestry-Exploring the World of Transracial Adoption*, by Janelle Peterson
- *Birth Marks*, by Sandra Patton
- *My Journey Home*, by Jackie Patridge
- *Cross-Cultural Adoption*, by Amy Coughlin and Caryn Abramowitz
- *Culture Keeping: White Mothers, International Adoption, and Negotiation of Family Difference*, by Heather Jacobson

#### For Children:

- *A Mother for Choco*, by Keiko Kasza (ages 6-10)
- *More More More Said the Baby*, by Vera B. Williams (preschool and younger)
- *Katie-Bo*, by I. Fisher (ages 3-8)
- *Families are Different*, by Nina Pellegrini (ages 3-8)
- *Horace*, by Holly Keller (ages 3-8)
- *Chinese Eyes*, by M. Waybill (ages 4-10)
- *Why Am I Different?* by Norma Simon (ages 4-10)
- *Why Was I Adopted*, by C. Livingston (ages 4-10)
- *My Head is Full of Colors*, by Catherine Friend (ages 5-8)
- *Being Adopted*, by M. Rosenberg (ages 5-10)
- *We Adopted You Benjamin Koo*, by Linda Walvoord Girard (ages 6-10)
- *Is That Your Sister*, by Catherine and Sherry Bunin (ages 6-12)
- *We Don't Look Like Our Mom and Dad*, by Harriet Langsam Sobel (ages 6-12)
- *Real for Sure Sister*, by A. Angel (ages 8-12)
- *Two Lands, One Heart*, by Jeremy Schmidt (ages 9-12)
- *Molly By Any Other Name*, by Jean Davies Okimoto (ages 12-up)

## Support Groups and Websites

Coalition for Children, Youth & Families - [wiadopt.org](http://wiadopt.org)  
 North American Council on Adoptable Children  
[nacac.org](http://nacac.org)

Rainbowkids.com—The Voice of Adoption  
[rainbowkids.com](http://rainbowkids.com)

Pact: An Adoption Alliance - [pactadopt.org](http://pactadopt.org)

<http://wiadopt.org/Resources/Tip-Sheets/Celebrating-Culture-Diversity/Twenty-Ideas-for-Keeping-Connections-to-Racial-and-Cultural-Identity>

**"If you're brave enough  
 to say GOODBYE,  
 Life will reward you  
 with a new Hello."**

# Honoring Your Child's Racial and Cultural Identity

When adopting a child transracially or transculturally, certain changes within your family may seem obvious in the beginning. However, adopting a child of a different race or culture will require a shift in thinking above and beyond what you may initially think because your child's experience will differ greatly from your own.

We hope the following information may help your family adapt to becoming a transracial family or a transcultural family.

## Definitions

Here are some definitions that most people use when referring to race and culture:

**Racial identity** is the racial background with which you identify. Many people today have backgrounds from more than one culture or race, and many of these people will pick one that they feel they can relate to the best.

**Transracial or transcultural adoption** means placing a child who is of one race or ethnic group with adoptive parents of another race or ethnic group.

**Cultural Identity:** chosen or adopted culture.

**Creating Positive Racial and Cultural Identity** By empowering your children to adapt to your family and your culture, you will be honoring your child's racial and cultural identity. A child who has been adopted and is a different race will have varying emotional needs.

Your children will be treated as members of your family at home, but may have a different experience in the world at large. It's these experiences that contribute largely to the development of their identity. They may deal with racism or stereotypes that you or your children have never had to deal with in the past.

This requires preparation and open family communication. Rather than expecting that your child adapts to your family, your family will need to adapt to your child and his or her racial and cultural identity. Your child's race and culture should become a part of all family members experience and be present throughout your home.

## The Impact of Transracial Identity

Adopting transracially impact the entire family. The whole family now becomes transracial—not simply the child. If all family members think about their family unit in this way, it can prevent the child who was adopted from alienated.

Relationships with extended family members and friends may be challenged or even changed when they are asked to accept and respect you as a transracial family.

At school, peers may question your children about why they look different from you or a sibling. Not only will your



children need to be prepared for these occurrences, but so will the entire family.

As a family, reflect on your own beliefs, attitudes, and experiences so you can understand the messages that are being sent to your children.

Am I committed and prepared to standing up to someone of my own race on behalf of a sibling of another race?

When I hear an inappropriate and offensive racial joke or comment, am I comfortable to speak up and defend my child by asking the person to stop?

How will I feel and how will I potentially react when others stare at my family when we are in public?

How will I feel when I am asked intrusive questions about my family's racial difference by peers, extended family members, or strangers?

## What Can You Do?

Celebrate all cultures and races. Demonstrate to your family that you value differences in appearance, traditions, and cultural heritage. Showing your children that you take the time to learn about and honor different cultures will help teach them to do the same.

Additionally, it reinforces your interest in learning about the culture and traditions that your child will add to your family.

Ideas to incorporate culture and racial differences into your family include:

- *Read books with your children.*
- *Join a support group.*
- *Attend cultural events or ceremonies.*
- *Become educated about differences that impact daily life, including eating and grooming.*

It's never too early to start planning and discussing ways to incorporate another race or culture into your family. Think about where you live and the people who you interact with on a daily basis — teachers, doctors, neighbors, postal carriers, dentists.

Is your child's race reflected in these people? Does the location where your family lives provide positive same race role models?

Even when moving isn't a feasible option, there are other things you can do to incorporate racial and cultural identity into your home. Items in your home can represent the race and culture of all members of your family as well as the community through artwork, books, toys, movies, greetings cards, etc.

Talk openly with all of your children about race and culture. Encourage them to participate in your racial and cultural traditions and incorporate their traditions into your family.

Acknowledge your children's differences. An adult adoptee of another race (than her white parents) said, "When I looked in the mirror, I was surprised that I wasn't white, too."

Acknowledging differences can be confusing for children who were adopted transracially. In addition to the mirror reflecting back their differences, others who interact with them outside of their home will also reflect differences.

## Addressing Racism

Discussing the possibility of racism before it happens can better prepare your children, as well as yourselves to assertively deal with it. Role playing with them and giving them the words to use when faced with discrimination will empower children to stand up to it rather than internalize their race/culture or that of a sibling as negative.

As will most anything, parents are great role models for how to handle these difficult and uncomfortable situations. When your children see you appropriately handling a situation with a stranger in the grocery store or with an extended family member at a reunion, it will reinforce their value and set a great example for how to handle these challenging situations when you're not around.

Adopting transracially adds another level of creating a cohesive family. However, you can successfully navigate this road by being open to both sharing your racial and cultural traditions and expanding them to include those of the new member of your family.

Along this journey, you will discover amazing things about your family. What a great opportunity for your family to embrace your cultural differences and similarities!

## Resources from the Coalition Library

- *Transracial Adoption and Foster Care: Practical Issues for Professionals*, by Dr. Joseph Crumble
- *In Their Own Voices: Transracial Adoptees Tell Their Stories*, by Rita J. Simon & Rhonda M. Roorda
- *Transracial Adoption*, by Rita Simon, Howard Alstein
- *Transracial Adoption: Children and Parents Speak*, by Constance Pohl, Kathy Harris
- *Inside Transracial Adoption*, by Gail Steinberg, Beth Hall
- *Brothers and Sisters in Adoption*, by Arleta James

<http://wiadopt.org/Resources/Tip-Sheets/Celebrating-Culture-Diversity/Honoring-Your-Childs-Racial-and-Cultural-Identity>

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**“When the milk is splattered all over the floor, and those little eyes are looking at you for your reaction, remember what really matters. It takes 5 minutes to clean up spilled milk. It takes much longer to clean up a broken spirit.”**

—By Rebecca Eanes

# NFAPA Support Groups

Have you ever thought about attending a support group? NFAPA offers support groups to foster, adoptive and kinship families! This is your chance to gain understanding and parenting tips through trainings, discussions, and networking with fellow foster families.

This is a great way to meet other foster/adoptive families in the area! In-service training is offered at most support groups for those needing credit hours for relicensing. Up to date information with each support group location will be on our calendar page on our website at [www.nfapa.org](http://www.nfapa.org). Support Groups will be cancelled for inclement weather.

Contact your Resource Family Consultants for more information.

**Jolie Camden (Panhandle Area):** 308-672-3658

**Tammy Welker:** 402-989-2197

**Terry Robinson (Southwest Area & FACES-Online Support Group):** 402-460-7296

**NFAPA Office:** 877-257-0176

NFAPA has Support Groups at the following dates/times/locations. Please check our website for updated information and a list of new support groups being offered throughout the year.

## WESTERN AREA

**Alliance Support Group: Box Butte Community Hospital, in Alliance Room**

**6:00-7:30 p.m. Please RSVP to Jolie.**

Meets the third Thursday of the month. (no meeting in December)

March 17, April 21, May 19, 2016

**Scottsbluff Support Group: Regional West Medical Center, in South Plaza Room 1204**

**6:00-7:30 p.m. Please RSVP to Jolie.**

Meets the second Tuesday of the month.

(no meeting in December)

March 8, April 12, May 10, 2016

**Kimball Support Group: Kimball Baptist Fellowship Church (507 S. Oak Street)**

**6:00-7:30 p.m. Please RSVP to Jolie.**

Meets the fourth Monday of the month.

March 28, April 25, 2016

**North Platte Support Group: Mid Plains Center (1101 Halligan Drive)**

**6:00-8:00 p.m. Contact Terry Robinson.**

Meets every other month on a Thursday evening  
April 7, June 2, August 4, October 6 (October meeting will be at a different location TBA) and December 1, 2016

**Gothenburg Support Group: American Lutheran Church (1512 Ave G)**

**6:00-8:00 p.m. Contact Terry Robinson.**

Meets the third Thursday of every month (no meeting in June, July or December).

March 17, April 21, May 19, August 18, September 15, October 20 and November 17, 2016

**Lexington Support Group: Parkview Baptist Church (803 West 18<sup>th</sup> St)**

**6:00-8:00 p.m. Contact Terry Robinson.**

Meets quarterly.

April 26, July 26 and October 25, 2016

## NORTHERN AREA

**Columbus Support Group: Peace Lutheran Church (2720 28th St.)**

7:00-8:30 p.m. Childcare available. Contact Tammy Welker. (Thank you Building Blocks and Behavioral Health Specialists for providing childcare!)

Meets the second Tuesday of the month (except December).

March 8, April 12, May 10, 2016

## SOUTHEAST AREA

**Lincoln Support Group: NFAPA OFFICE (2431 Fairfield Street, Suite C-In General Fire & Safety Bldg)**

**6:00-8:00 p.m. Contact: Tammy Welker.**

Meets third Friday of the month

March 18, April 15, 2016

## ONLINE SUPPORT GROUP

**FACES-Online Support Group: Every Tuesday 9:00-10:00 p.m. Central Time**

Contact Terry Robinson.

Meets weekly to discuss issues foster parents are facing. Support only.

## TRANSRACIAL SUPPORT GROUP

Parenting Across Color Lines: Newman United Methodist Church (2242 R Street), Lincoln

6:30 p.m. Contact: Barbara Dewey, LICSW at 402-477-8278, ext. 1 to RSVP.

For more info: [colorlineslincoln@gmail.com](mailto:colorlineslincoln@gmail.com). Or <https://www.facecook.com/colorlineslincoln>

This group supports and strengthens racial identity in transracial families.

Next meeting is March 14, 2016 at Newman United Methodist Church in Lincoln.

Watch our website for further dates. Support only.



12 hour in-service credit!

# "Making the Commitment to Adoption"

Sponsored by Nebraska Department of Health and Human Services  
Facilitated by Nebraska Foster & Adoptive Parent Association

**Spaulding/In-service Training offered at two locations!**  
**Choose the location that works for you!**

Regional West Medical Center  
South Plaza, Room 1204  
4021 Ave. B, Scottsbluff  
March 11, 2016: 6:00-9:30 p.m.  
March 12, 2016: 8:00-5:30 p.m.  
(one hour break for lunch)

North Platte Fire Station  
715 S. Jeffers  
North Platte, NE  
June 17, 2016: 6:00-9:30 p.m.  
June 18, 2016: 8:00-5:30 p.m.  
(one hour break for lunch)

The Spaulding program is offered to prospective adoptive families. Spaulding training offers families the tools and information that they need to:

- Explain how adoptive families are different
- Importance of separation, loss, and grief in adoption
- Understand attachment and its importance in adoption
- Anticipate challenges and be able to identify strategies for managing challenges as an adoptive family
- Explore the lifelong commitment to a child that adoption brings

**Scottsbluff: March 11, 2016**

**North Platte: June 17, 2016**

**6:00 p.m. - 9:30 p.m.**

**1) Exploring Expectations**—Defining adoption, the process, and the key players. Participant's hopes and fears about the adoption process are recognized and empowerment strategies are identified to assist them in the process. Participant's explore their fantasies about children they might adopt to become aware of the possible influence on their decision about adoption.

**Scottsbluff: March 12, 2016**

**North Platte: June 18, 2016**

**8:00 a.m. - 5:30 p.m.**

**(with break for lunch)**

**2) Meeting the Needs of Waiting Children**—Assist prospective adoptive parents in focusing on the needs of children awaiting adoption. Explore the issues of separation, loss, grief and attachment. Plus the unique issues related to parenting a child who has been sexually abused.

**3) Exploring Adoption Issues**—Identify supports within their family and introduce them to common issues that all adoptive families face. Help develop strategies for dealing with these issues; explore crisis periods in adoption; explore their own strengths, needs and challenges as they consider adoption.

**4) Making the Commitment**—Assist prospective adoptive parents in considering resources they may need, what they need to know, what they need to do, and what they need to explore about themselves as they consider adopting a particular child or children.

## Registration Form—Making the Commitment to Adoption

Name: \_\_\_\_\_ ☐ Scottsbluff ☐ North Platte

Address: \_\_\_\_\_ City/Zip \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

You will be notified if Spaulding is cancelled due to low attendance. Please note times of the training.

Mail your registration to: NFAPA, 2431 Fairfield Street, Suite C, Lincoln, NE 68521 402-476-2273 Toll-Free 877-257-0176



# Scottsbluff One Day Conference

6 hours of in-service training facilitated by  
**Nebraska Foster & Adoptive Parent Association**

Regional West Medical Center  
South Plaza, Room 1202  
4021 Ave B  
Scottsbluff, NE

**Saturday, April 2, 2016 9:00am-4:45pm**

Instructors: Cynthia Downey & Jolie Camden

***Registration is Required***

Register online: <https://www.surveymonkey.com/r/scottsbluffonedayconference>

## **Childhood Traumatic Grief:**

Understand impact of childhood traumatic grief. Identify the signs and symptoms of traumatic grief versus normal grief. Suggestions that can help your child work through traumatic grief.

## **Coping with Trauma Reminders:**

Identify what is a trauma reminder. Role the five senses play in trauma reminders. Identify flashbacks and ways to deal with them. Identify the five R's in dealing with trauma reminders.

## **Preventing Sexual Misconduct:**

Describe types of harmful contact and non-contact child sexual abuse. Identify signs that are typical of younger children and also teenagers who have been sexually abused. Describe steps to take to create a family safety plan.

## **Reasonable and Prudent Parent Standard (RPPS):**

RPPS is a provision of the Strengthening Families Act that passed Congress 2014. We will talk about how foster parents can exercise their best judgement as it relates to youths' activities and provide normalcy for youth in foster care.

- Lodging, mileage and meals will be reimbursed for Western Foster Parents only who travel more than 60 miles.
- Childcare will not be reimbursed.
- Lunch is on your own.
- Please make arrangements for childcare.
- No children at the workshop.

## Scottsbluff One Day Conference

**April 2, 2016**

Name(s): \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Register online: <https://www.surveymonkey.com/r/scottsbluffonedayconference>

**Mail your registration to:**

Nebraska Foster & Adoptive  
Parent Association  
2431 Fairfield St, Suite C  
Lincoln, NE 68521

**Or email your registration to:**

**Felicia@nfapa.org**

**Call with questions:**

**Toll-free 877-257-0176**



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[www.nfapa.org](http://www.nfapa.org)

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## JOIN NFAPA....your support will enable NFAPA to continue supporting foster parents state-wide!

### Benefits

- Ongoing trainings/conferences at local and state level
- Networking opportunities with other foster (resource) families, adoptive families, and relative caregivers
- Opportunity for all foster (resource) families, adoptive families and relative caregivers to be actively involved in an association by serving on committees and/or on the Executive Board
- Working to instigate changes by alertness to legislation affecting the child welfare system
- An advocate on your behalf at local, state and national levels
- Alertness to legislation affecting the child welfare system

### Thank you for your support!

Please mail membership form to:  
NFAPA, 2431 Fairfield Street, Suite C,  
Lincoln, NE 68521.

**Questions? Please call us at 877-257-0176.**

NFAPA is a 501c3 non-profit organization comprised of a volunteer Board of Directors and Mentors.

Name(s): \_\_\_\_\_

Organization: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ County: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_

I am a Foster/Adoptive Parent. I have fostered for \_\_\_\_\_ years.  
(circle one)

I am with \_\_\_\_\_ agency.

I wish to join the effort:

- ☐ **Single Family Membership** (a single foster or adoptive parent), \$25
- ☐ **Family Membership** (married foster or adoptive parents), \$35
- ☐ **Supporting Membership** (individuals wishing to support our efforts), \$75
- ☐ **Organization Membership**  
(organizations wishing to support our efforts), \$150
- ☐ I wish to join the effort through a donation.

My donation will be acknowledged through Families First newsletters.

- ☐ Gold Donation, \$1,000
- ☐ Silver Donation, \$750
- ☐ Platinum Donation, \$500
- ☐ Bronze Donation, \$250
- ☐ Other, \$ \_\_\_\_\_